

Cannabis Research Review Board

Meeting Minutes

Tuesday October 10, 2023, 9:00am-11:00am

This meeting was held in person and virtually.

This meeting was recorded. An audio copy of this recording can be found on the Utah Public Notice Website (<https://www.utah.gov/pmn/>).

Visit the Board's website for more information on past meeting minutes and agendas (<https://medicalcannabis.utah.gov/>).

Attendees

Board members attending: Dr. McIff, Dr. Misty Smith, Dr. Cashin, Dr. Moss, and Dr. Chan

DHHS staff attending: Sarah Ponce, Abigail Hodgson, Dr. Lauren Heath, Danielle Conlon, Brenda Holt, and Sarah Dash

Agenda

1. Welcome

Dr. McIff acknowledged that there was a quorum so the meeting could proceed at approximately 9:01am.

2. Approval of May 2023 Minutes

Dr. McIff asked the board if there were any proposed changes to the May 2023 minutes. There were no changes proposed. Dr. Moss motioned to approve the May 2023 minutes and Dr. Smith seconded the motion. The board voted unanimously to approve the May 2023 minutes.

3. Approval of July 2023 Minutes

Dr. McIlff asked the board if there were any proposed changes to the July 2023 minutes. Dr. Smith asked that she be referred to as a doctor in the meeting minutes. Dr. Smith motioned to approve the July 2023 minutes and Dr. Moss seconded the motion. The board voted unanimously to approve the May 2023 minutes.

4. Approval of Multiple Sclerosis additions

Dr. McIlff led the discussion of the board's guidance document on Multiple Sclerosis (MS). The board discussed this document last meeting and they determined whether there would need to be any further changes.

The board discussed the following about the document:

- The difference in types of spasticity and whether to remove spasticity sections of the document that do not pertain to MS.
- The lack of information on types of non-related MS spasms and treatment with medical cannabis.

The board took the following action on this agenda item:

- Board members decided not to remove anything from the document about spasticity until they have additional documents to replace the spasticity information.
- Dr. Smith motioned to approve the document as it now stands. Dr. Cashin seconded the motion, and the motion passed unanimously.

5. Crohn's & Ulcerative Colitis

Dr. Heath presented her findings on Crohn's Disease (CD) and Ulcerative Colitis (UC). Her presentation included the following:

- Brief evidence report objective & methods
- Kafil Et Al (2018) conclusions
- Overview of RCTs for UC treatment
- Results: clinical response or remission
- Results: inflammatory markers
- Results: quality of life
- Results: adverse events

- Overview of RCTs for CD treatment
- Results: clinical response or remission
- Results: inflammatory markers
- Results: quality of life
- Results: adverse events
- Evidence review summary
- International organization for IBD study 2022 consensus panel conclusion
- Current CRRB guidance
- Considerations for CRRB IBD guidance
- References

The board discussed the following about the presentation:

- Differences in recommendations from the studies.
- The use of medical cannabis as supplemental therapy and not primary therapy for CD and UC.
- The importance of quality of life improvements for patients with the use of medical cannabis for CD and UC.
- The need to clarify on guidance documents and on any information given to Qualified Medical Provider's (QMPs), the types of forms of medical cannabis utilized in the studies.
- The importance of giving QMPs all information available about these topics so they can understand how complex this treatment is.
- Dr. Smith asked Ms. Heath if there were any mention of additional work not included in the studies in regards to oxidative stress or oxidative changes. Ms. Heath provided the details on this topic found in the studies.
- Dr. Chan asked Ms. Heath if patients look for products that are high in CBGs and whether that was included in the studies provided.
- Dr. Cashin determined that differentiating between symptom relief and disease modifying benefits for QMPs should be a high priority for their recommendation document.

6. Research and Education Updates

Ms. Ponce presented the following research and education updates to the board:

- A study of Utahns beliefs around medical cannabis handled by the University of Utah Medical School.
- Updates on the University of Utah Center for Medical Cannabis Research.
 - Ms. Valerie Ahanonu of the center also gave an update on the center.

7. Highway safety updates

Dr. Moss presented findings on cannabis and highway safety. His presentation included the following:

- Information on how cannabis is the most common drug detected in motor fatal accidents.
- 2022 has the highest number of crashes since 2017. There is a significant increase in the number of people on the road who have used cannabis, and an increase in medical cannabis being found in those involved in fatal crashes.
- Dr. Moss explained that this document causes a lot more questions to be asked than he feels provides answers. Including potential misunderstanding about other drugs involved in accidents; not knowing how long cannabis was in the systems of the people involved in the crashes; and that there is no way to determine how many of these people involved in the accidents have medical cannabis cards.

The board discussed the following about the presentation:

- Whether the studies included alcohol.
- The integration of the Center for Medical Cannabis (CMC) upcoming software changes and how that integration will help law enforcement determine who holds medical cards.
- Active metabolites verses THC in the blood and whether you can determine if cannabis is what causes the accidents.
- [Changes to Utah law in regards to controlled substances.](#)
- Dr. Smith volunteered to draft a recommendation from either the CRRB or the Medical Cannabis Policy Advisory Board (MCPAB) to integrate the databases.

8. Public Comment

The following comments were made by members of the public:

- Dr. Mark Viner commented on MS studies done in 2022 and noted that they did not meet the endpoint objectively in regards to spasticity. He noted there are no current FDA approved THC products. He also commented that in regards to CD and UC, that the board should provide as much information to the public as possible, because there are limited educational materials on this subject. Dr. Viner requested more information on long-term cancer prevention as well as the difference in response in patients who drive the day of taking medical cannabis versus the day after taking medical cannabis.
 - Dr. McIlff responded to Dr. Viner by stating that muscle spasticity is a complicated subject and that the board wants to provide as much information to QMPs as possible on this subject.
 - Dr. Smith responded to Dr. Viner by stating that there is currently a lot of pre-clinical research that is directly applicable to long-term cancer.
- Ms. Ahanou from the University of Utah Center for Medical Cannabis Research commented that for MS recommendations, board members can also look at topical treatments for use. She commented that Jazz pharmaceuticals used a nasal spray in their trials, and that there are different modes of action that might be more common, and QMPs might recommend modes of consumption of medical cannabis that were not included in these trials. She stated that the University of Utah center will study the mode of action but also different strains of cannabis in their research.
 - Dr. McIlff responded to Ms. Ahanou, and noted that these areas of study get complicated really fast, but it makes it exciting because there are a lot of different directions that research can take in this area.

9. Adjourn

Dr. Smith motioned to adjourn the meeting and Dr. Cashin seconded the motion. The board voted unanimously to end the meeting, and the meeting ended at approximately 10:27am.